

# Couch 2 5k

Back in September after a number of years, The Hogweeds decided to resurrect the C25k training programme.

The training took place on Friday evenings for a period of 9 weeks, with up to four club coaches available to provide support and guidance.

What was unique to this programme compared to previous ones, was participants could join Hogweeds from the beginning and there was a WhatsApp support group to ensure no one was excluded.

This enabled those who joined to have a wide network of support from club members both socially and from personal experiences of running.

9 people signed up and they were soon getting into the swing of things, whether attending the Friday night sessions or taking part in the remote training via the WhatsApp group

All of this came together with the final aim to run the Chipping Sodbury Parkrun.



It was fantastic to see those who could make it, do themselves and our club proud by completing their very first parkrun and it was a real pleasure to see them smiling at the end.

A cold day such as it was can be rather off putting even for the hardest of runners amongst us, so to come out and run was no mean feat – well done!

A special mention goes to the coaches who provided their time to help. Without their support it wouldn't have happened.

So, a big thanks to Jan McAll, Rachael Whitlock, Pat Curtis and William Lee.

Looking ahead the plan is to up the ante from 5k to 10k ready for the Hogweeds Trot on 3rd June 2024.

In the meantime, a second C25k is scheduled to start in April 2024.

If anyone reading this is keen to join then please look out for further news [here](#) or [contact the membership secretary](#).

Happy running!

